

Sports & Health



Lance Cpl. Brandon Erickson, amphibious assault vehicle mechanic, Combat Assault Company, 3rd Marine Regiment, rides a bull during a contest held at New Town and Country Stables in Waimanalo, Friday. The stables also offer lessons and are currently scheduling an armed forces bull-riding competition.

Seize the bull

Real rough riders: Marine bull riders seek thrills

Story and photos by
Christine Cabalo

Photojournalist

WAIMANALO — Whenever Lance Cpl. Brandon Erickson enters his sporting arena, he's guaranteed to have a wild ride.

Erickson is a competitive bull rider and an amphibious assault vehicle mechanic with Combat Assault Company, 3rd Marine Regiment. He finds his bull-riding thrills just nine miles away from Marine Corps Base Hawaii at the New Town and Country Stables in Waimanalo.

"I'm the type of guy who will seek out a good adrenaline rush," said Erickson, a native of Crystal Lake, Ill. "I've done wrestling and other sports, but I thought this would be something else good to try. I watch Professional Bull Riders contests all the time on TV."

The local stable offers free lessons to beginners and biweekly bull-riding contests. The contests are open to the public, helping the stables train their bulls for upcoming competitions on the mainland.

"You can learn the basics on a bucking dummy, then get on a real bull right here," said David Junk, who coaches riders at the stables and is retired bull rider. "It all depends on the individual, some learn fast and can spend just one day on the dummy before getting on a real bull."

Erickson, who began competing several weeks ago, encourages more Marines to come to test their skills and find some thrills. The stables are planning an upcoming armed forces bull-riding contest, as many of the regular contest riders are service members.

"Marines already have an advantage because they're in great physical shape already," said Sturgis Gray, who is one of several stable hands. "They're healthy and they've got a good mindset for this."

Currently, the stable holds a biweekly Friday contest where any rider is welcome to throw their hat in the ring. Bull riders compete for the longest riding time, aiming to ride a bull as long as professionals do: eight seconds. The winner of the contest receives a cash prize and a champion belt buckle.

"You have to want it," said recent winner Sheldon Souza, a 16-year-old from Omao, Kauai. "If you want to get good, you need to do it for more than just the hell of it. I love doing it."

Although competitive bull riders might



ABOVE: Sheldon Souza, a 16-year-old bull rider from Omao, Kauai, holds onto a bucking bull during the contest. Souza won the contest with the longest riding time of six and half seconds. The contest, held twice a month on Fridays at New Town and Country Stables in Waimanalo, awards winners a champion belt buckle. **RIGHT:** Lance Cpl. Brandon Erickson, amphibious assault vehicle mechanic, 3rd Marine Regiment, checks his spurs before climbing into the bucking chute. Erickson took four attempts at the longest ride time during the contest held Friday.

only have a career safely into their 40s, the love of bulls in the arena has led riders into other jobs. Staff Sgt. Lee Clark, a Marine with Marine Heavy Helicopter Squadron 362, started off bull riding before he became a bullfighter, more publicly known as a rodeo clown. Clark has helped protect riders and bulls at the New Town and Country Stables as a bullfighter since 1998.

"There's competition, but everyone helps each other out and you're participating in a sport with other sportsmen," Clark said. "There might be some trash talking, but everyone offers each other help and friendship."

Both he and Erickson said they keep coming back into the arena for the feeling of family at the stables, but also the excitement of facing down a 3,000-pound bull full of energy.

"Best way to describe it is a pure adrenaline rush," Erickson said. "You think it will be a lot faster, but it's actually happens in slow motion in your mind. But it's all fun to ride."





Sgt. Skyler Tooker vs. Staff Sgt. Brian Tuthill

VS is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by e-mailing their ideas to HawaiiMarineEditor@gmail.com. If there’s a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your “opinion,” regardless of how wrong it is, featured below. Suit up, ladies ... it’s game time.

Are some Olympic sports not worth their mettle?

TUTHILL: Another summer Olympiad has come and gone and over those two weeks more than 10,500 athletes from 204 nations earned 2,802 medals in 302 events between 26 sports. Isn’t it time to trim the fat from the games? I think the International Olympic Committee became carried away in allowing so many events and sports to be contested at our Olympics. I know this debate has raged over many different sports for many decades, and it’s those most deeply invested in these sports who need to be told their highly-specialized skills are not quite as Olympic-worthy as they thought. However, there are many questionable sports currently featured, such as race walking. Is watching a group of people speed walk over each other for 31 miles worth striking Olympic medals? I don’t doubt this and other “sports” take strength and skill, but why are we as a society entertaining events like these as world-class? **TOOKER:** Just because something is boring to you or me doesn’t mean it shouldn’t be in the Olympics. Now, I am in no way calling these questionable events real sports. What I’m saying is that some of these events take a great amount of skill, hard work and dedication to compete in. Race walking is a hard one to defend because it has the word walking in it, but it still requires many hours of hard work and dedication to walk as fast and far as they do. Should they receive an Olympic medal for this event? Why not,

they aren’t hurting anyone. If you don’t like those events then you shouldn’t watch them. We are forgetting what the Olympics are all about — camaraderie. They bring the world together, and if we limit how many events to compete in, then we’re not giving the nations equal opportunity to showcase their talent. **TUTHILL:** When we bring the world together, we should not be left scratching our collective heads at the inclusion of some of these sports. It’s sports like badminton, a game invented for children in the 1800s and looks like an oversized fly-swatter ping-pong match, which gives me an itch. I don’t disagree that these competitors, or ballroom dancers or synchronized swimmers or equestrians or table tennisers, are not athletes of high caliber. It’s their field of endeavor that needs to be relegated, and the IOC needs to cut them like they did bowling before we’re celebrating billiards “athletes” every four years. **TOOKER:** Well being a singles and doubles badminton champion in my high school, I will have to disagree on cutting badminton from the Olympics. I think we all know why bowling was cut — any sport requiring a nacho break in or game play stops because you and your teammates are arguing about whose turn it is to buy the next pitcher, probably didn’t sit well on the IOC stomachs. Besides, all the beer drinking and unauthorized tweeting going on during bowling matches, there probably wouldn’t

be many left who didn’t get sent home early. I think the IOC realizes at the end of the day if you took away all the events we deem to be unworthy or weird then it would just be the United States of America show and not the Olympics. **TUTHILL:** So say those bag-nasty-bowlers were actually in great shape and trained in the gym for hours each day followed by hours of bowling drills. Would these professional athletes be allowed to again join the ranks of other world-class athletes in the Olympiad? No! Because bowling doesn’t rate Olympic gold the same way rhythmic gymnastics shouldn’t. A sport where you juggle, twirl hula-hoops, wave ribbons and do ball tricks like a human sea lion should be ousted. You might as well introduce belly or pole dancing as events, too. That takes strength, agility and skill to be good, right? **TOOKER:** The day you don’t have to be in top physical shape to do any kind of gymnastics, is the day the IOC will remove them from the Olympics. I watched the rhythmic gymnastics and what that elite group of people can do and to perform at that level, to a global audience is amazing. I couldn’t go out and dance around on a platform with a baton or hula-hoop in front of the world. This is what the IOC realizes and that is why these many events you say don’t rate, still receive medals for giving the world what they want to see, which is a really flexible person running around throwing

things in the air and catching them in creative ways. Boom! Gold medal. **TUTHILL:** Wait, didn’t you mention entertainment value not being a factor? I’m not saying we’re going to bring about world peace by cutting handball from the Olympics. But a no-kick soccer game should go. We don’t even have a national team anymore because it’s not worthy of competition (sorry, Ireland, I know you love it). One sport I am firmly behind eradicating from the Olympics is trampolining. Sure, it was fun as a kid to do a flip or send a sibling sailing across the yard, but if a sport makes you cock your head to the side, furrow your brow and ask “really?” then it’s probably time to dump it like a bad date. If Pluto can be kicked from the solar system, we can surely cut a few synchronized trampolinists from the games. **TOOKER:** Like I was saying before, what is one person’s joy can be another’s hell. If jumping on a trampoline can help bring our countries together than I say let them jump. I wish they would allow bowling and every other sport that is not already in the Olympics to be part of the big show. Maybe if the IOC allows this to happen we could pit nations against each other to resolve conflict or help prevent some of the world’s international tensions. Aren’t those who have done battle against each other those who have the most respect for one another? Maybe then the Olympics could make this world a better place, with any sport.



TOOKER



TUTHILL

SPOTLIGHT ON SPORTS

Junior bowling sign-ups

K-Bay Lanes junior bowling team, “Eastside Juniors,” is looking for players for the upcoming winter season. The bowlers play Saturdays 9 a.m. to noon. To register, call Jodi at 255-5212.

Splash and Dash Biathlon

Support the sailors of Helicopter Anti-Submarine Squadron Light 37 at the Splash and Dash Biathlon, Saturday, Oct. 20, at 7 a.m. Start the morning with a 500-meter swim in Kaneohe Bay, finishing with a 5K run that begins and ends at the Hangar 103 pad. This race is open to the general public. Online registration closes Tuesday, Oct. 16 at 4 p.m. Visit <http://www.mccshawaii.com> for more information.

Keep cool with Aqua Aerobics

Step into better fitness with water weights during this hourlong class. Participants do not need to swim in order to participate. Class is held at the base pool Saturdays at 9:30 a.m. through the fall. For details, call 254-7597.

DOD family fitness survey

The Department of Defense wants to know about your family fitness needs. Take the online survey at <http://www.usmc-mccs.org/surveys>. The Department of Defense is collecting feedback from active duty and families about their fitness needs and interests. The results from the survey will provide invaluable feedback which will be used to direct future program resources. For more information, call 690-0205.

Turkey Trot 5K

Take a running tour of MCB Hawaii with our last 10K run of the season, Nov. 17 at 7 a.m. The race will start and finish at Pop Warner Field. Run alone or in a six-person formation. Register online by Nov. 13 and receive a race T-shirt. Late registrations will also be accepted, but with a late fee. Pick up your race packet by Nov. 16 at the Semper Fit Center. For more information, call 254-7597.

Cosmic Bowling at K-Bay Lanes

The lights are off but bowlers can still strike it big as they play with the lane’s special cosmic lights and neon-colored bowling balls. The glow-in-the-dark games are Fridays from 9 p.m. to midnight, Saturdays from noon to midnight and Sundays from 11 a.m. to 8 p.m. For more information, call 254-7693.

Sail around Coconut Island

Take a K-Bay cruise with the base marina. Come sailing with us, and we’ll do all the work. We cruise around Kaneohe Bay and Coconut Island Thursdays from 1 to 4 p.m. Bring your own refreshments. There is a fee per person and a five-person limit. Call 254-7666 for details.

Semper Fit Juniors Program

The Semper Fit Juniors Program is open to 14- and 15-year-olds who, upon the completion of a Fitness Basics class, will receive a badge and are granted independent access to the center from 2 to 5:30 p.m., Monday through Friday, and during regular

operational hours on the weekends and holidays. Currently Semper Fit Center policy states that children ages 12 to 15 need to be accompanied by an adult. Children ages 16 to 18 have unrestricted access. Even with completion of the Fitness Basics class, youth must be accompanied by an adult outside of these designated hours. Independent access will be granted to all group exercise classes regardless of times (participant fees still apply). Participants must present their military identification and badge upon entering the facility after completing the class. For details, call 254-7597.

Adult sailing courses

The Base Marina offers a monthly adult sailing course where patrons can learn the basics of sailing in just four days. Each course consists of four one-day sessions, held Sundays from 9 a.m. to 3 p.m. Learn to sail on a Capri 16.5’, Boston Whaler Harpoon 5.2’ and American 18’. The highlight of this course is that participants will have the opportunity to receive a U.S. Sailing small boat certification, valid at marinas across the nation. The cost includes book and certification. To register, please call 254-7666.

New Outdoor Recreation and Equipment Center now open at base marina

The Outdoor Recreation and Equipment Center is now open in its new location in Building 6800 at the base marina. The OREC features a new, expanded selection of water activity, recreation equipment, and party rentals. For more information, visit <http://www.mccshawaii.com/marina.shtml#open>.

Warriors defeat CLB-3 22-6 in gridiron matchup

Cpl. James A. Sauter
Combat Correspondent

After a fierce rivalry fought for two hours, Headquarters Battalion Warriors defeated Combat Logistics Battalion 3, 22-6, in an intramural football game at Pop Warner Field, Wednesday.

At the beginning of the first quarter, the Warriors received the ball first and drove down the field in a five-minute time span and scored. Trailing barely behind at 6-0, CLB-3's offense pushed hard against the Warriors' defense, but lost yardage due to a holding penalty.

The Warriors retook possession of the ball with three minutes left in the first quarter and continued into the second. The Warriors threw the ball until they were just yards from a touchdown, but the Warriors' luck turned into disaster. The Warriors tried running the ball up the middle

four times with no success. They turned the ball over to CLB-3, who ran the ball to midfield. But lady luck favored the Warriors once again when CLB-3 fumbled the ball with 10 minutes left in the first half. The Warriors tried to score just yards from the end zone but once again failed. When

the half ended, the score remained 6-0. "Listen up, we need to come out harder and stronger and stop making these small mistakes," said Kelvin Brown, Warriors' head coach, during a halftime pep talk. "We need to play with more heart and pound these jokers. Keep tagging the quarterback because no one beats us in our house." Barely into the third quarter, CLB-3 fumbled the ball again and Warriors reclaimed it. They made CLB-3 pay for their mistake when the Warriors scored a touchdown with a two-point conversion, boosting their score to 14-0. Right before the quarter ended, CLB-3 got back with a touchdown of their own. With the score at 14-6 at the beginning of the fourth quarter, both teams increased the intensity in effort to gain leverage over the other. The Warriors managed to score a third touchdown with eight minutes left in the game, hindering CLB-3's spirit to keep fighting. The game ended soon after 22-6. "This game was ours," said Josh Watson, Warriors' defensive captain and middle linebacker. "We were hungry, we had our game up. Offense started clicking, defense started blitzing and brought the pain all day. They had nowhere to go." For more information about intramural sports, contact Joe Au at 254-7591.



Cpl. James A. Sauter | Hawaii Marine

Two Headquarters Battalion Warriors tackle a Combat Logistics Battalion 3 running back during an football game at Pop Warner Field, Wednesday. The Warriors defeated CLB-3, 22-6.

Need a lift? Semper Fit assists with functional fitness

Christine Cabalo
Photojournalist

Units training for better fitness can raise the bar with help from the Semper Fit Center. The center offers qualified trainers as well as specialized mobile equipment for power lifting exercises, functional fitness and High Intensity Tactical Training. Marines and sailors can request personal trainers to assist during unit physical training or to aid service members for one-on-one sessions. "Technique for an exercise is the first and foremost of what we look at," said Jason Cutitta, Semper Fit personal trainer. "We don't recommend increasing the weight or reps until there's a good foundation with a good technique." Cutitta and fellow Semper Fit personal trainer Honey Cushman recently led more than 45 sailors from Special Projects Patrol Squadron 2 during a morning training session at the HITT Center located next to the base's satellite gym. The group completed a circuit of exercises using indoor and outdoor equipment. Inside the HITT Center, service members lifted medicine balls and pulled their own body weight with TRX Trainer ropes. The other half of the training featured mobile weights set up outdoors. The sailors made waves whipping heavy



Christine Cabalo | Hawaii Marine

Members of Special Projects Patrol Squadron 2 slam medicine balls into the floor of the High Intensity Tactical Training Center at Marine Corps Base Hawaii, Monday. Units are able to schedule time with Semper Fit personal trainers or training at the HITT Center for better overall fitness.

ropes for cardio training outside the center. "It's a pretty intense workout," said Petty Officer 2nd Class Casey Patterson, yeoman, VPU-2. "The rope exercises were great, and I really feel it in my shoulders and chest." During their session, the trainers guided the VPU-2 sailors in heavyweight kettle bells exercises. The weights are

not allowed at the Semper Fit Center's traditional weight room, but available at the HITT Center and under the instruction of Semper Fit personnel. Whenever Cushman leads a personal training session with kettle bells, she ensures her clients are using the weights properly for the most effective workout. She notices her beginning clients often strain their arms raising the kettle bells

rather than utilizing their hips as they swing. Cushman said she's had several clients who realized the exercises aren't extremely painful if done properly with a full range of motion. "Your back and spine should be straight and relaxed," she said. "In those exercises, beginners tend to bring their shoulders up and that could get you hurt." Cushman said units or smaller groups of service members could ask their personal trainers to scale the exercises to whatever level they need. She and Cutitta agreed that although Semper Fit offers use of the equipment for free, units can also continue practicing functional fitness using sandbags, heavy waterjugs or other spare equipment they can find. "With this type of training you aren't isolated in the gym with machines," Cutitta said. "For functional fitness, you feel a full body exercise." For first-time users like Patterson, the trainers have helped them move beyond traditional exercises with compact movements. "I never knew we even had a facility like this before today's workout," Patterson said. "It's great knowing this is a resource we'll be using in the future." For more information about MCB Hawaii's HITT Center in building 1034, call the satellite gym at 254-7594. To learn HITT exercises, see http://www.mccsmiramar.com/hitt_program.html.

MAKE IT OFFICIAL!

PMO, Game Warden’s Office provide canine registration



Kristen Wong | Hawaii Marine

Lilly, a Queensland healer, waits while her owner, Katie Stratton, registers her with the base at building 1096, Wednesday. On Wednesday and Thursday, the Provost Marshal’s Office and the game warden’s office provided a station for base residents to register their dog and to be in compliance with base regulations.

Navy medicine pharmacy automation project to improve patient experience

U.S. Navy Bureau of Medicine and Surgery

Press Release

FALLS CHURCH, Va. — Navy Medicine headquarters announced a \$49 million pharmacy improvement project Aug. 30 that will improve safety and efficiency of its outpatient prescriptions processes and lead to shorter wait times for patients.

Naval Medical Logistics Command awarded an indefinite delivery indefinite quantity contract this month to update and expand pharmacy automation.

“There are three distinct advantages to the improvements that are being made,” said Capt. Edward Norton, the pharmacy specialty leader for the U.S. Navy Bureau of Medicine and Surgery. “The program is going to improve wait times and pharmacy processes, which is a direct benefit to our patients; it’s going to provide a means of standardization across the enterprise; and it is going to replace obsolete equipment.”

Another major objective for the program is to improve the quality of dispensing. Navy Medicine pharmacies currently vary from manual operations directed by “paper” to some limited automation processes.

“This new Navy pharmacy automation system consists of the latest automation technology,” said Tim Ward, deputy director of Program Analysis and Evaluation at BUMED. “Forty to 50 percent of patient prescriptions will be filled, labeled, capped and assembled with the relevant patient literature exclusively by the automation. The new highly automated process will be much faster and more accurate than the process it is replacing.”

This process also improves the effectiveness and safety of the pharmacy systems.

“It is the goal of this program to improve the overall quality by reducing the opportunities for errors,” Norton said. “It has been shown that extremely

high levels of quality can be attained by complete automation and system controlled manual dispensing.”

The program will also increase the volume capability of the pharmacies within the currently allocated space while reducing the total processing time to less than 30 minutes for at least 90 percent of the customers during peak hours.

“Since our customers have a choice to wait or to utilize alternative commercial retail pharmacies, reducing their wait times and increasing their satisfaction is our main priority,” Norton said.

Other objectives of this program will reduce operating costs related to improved inventory management, efficient staff utilization while maintaining protection of Personally Identifiable Information and increase security.

Currently many of the outpatient pharmacies also process refills. At some pharmacies, the refills are processed during the normal working day while at others are accomplished off-shift. “The process flow software of a proposed system shall enable refills to be filled either during the normal working day, with a low priority so as to not impact customer wait time, or to be deferred to off-shift processing,” Norton said. Three sites have been identified as “proof of concept” locations and are expected to be completed by spring 2013. The first sites to receive the new equipment will be Naval Medical Center San Diego, Calif., Naval Medical Center Portsmouth, Va., and Naval Health Clinic Cherry Point, N.C.

Installation of the new equipment at the first three sites starts in February with full operating capability anticipated at all three proof of concept sites by May 2013.

“Navy Medicine is excited about this project and look forward to its full execution,” said Norton. “The new automation systems will provide the capacity to meet the changing and expanding needs of our beneficiary population.”

Government suicide prevention campaign hits Facebook

Steven Reinberg

HealthDay Reporter

Hoping to curb the escalating suicide rate in the United States, especially among military personnel and young Americans, health officials are spearheading a program that encompasses Facebook and other private companies.

“America loses approximately 100 Americans every 24 hours from suicide,” said Pamela Hyde, administrator of the U.S. Substance Abuse and Mental Health Services Administration, at a press conference Monday morning.

Among people 18 to 24, suicide is now the third leading cause of death, officials said.

“It’s time to turn our attention to prevention,” U.S. Surgeon General Dr. Regina Benjamin said.

The new strategy brings together government, the private sector, schools and communities to raise suicide awareness, increase prevention efforts and develop new treatments for those at risk, she said, speaking at the news conference. This new effort draws on government and private companies such as Facebook and ValueOptions, the privately owned behavioral health maintenance organization.

Facebook officials announced their strategy is to provide online crisis help. Marne Levine, the company’s vice president for global public policy, said the company plans to provide intervention assistance to people in distress. In December 2011, the company launched a program to connect people at risk for suicide with online suicide-prevention counselors at Lifeline, the emergency response service.

In 2009, more than 37,000 Americans took their own lives. More than 500,000 Americans were depressed enough to have actually tried it, Hyde said.

She said suicide prevention is as critical a public health issue as good drinking water, safe food and infectious-disease prevention. The military has been hit particularly hard both in the Marine Corps and the Army. In an August 2012 update from Headquarters Marine Corps, 32 Marine deaths were reported as suicides. However, Army rates are even higher.

“Right now we are losing more of our soldiers to suicide than we are to combat,” said Army Secretary John McHugh.

Many military suicides aren’t combat related, he noted. Fifty-four percent of military personnel who committed suicide in 2010 and 59 percent who

attempted suicide that year were never deployed, McHugh said at the press conference.

“What this tells us is we are dealing with broader societal issues,” he said. “These include drug and alcohol abuse, relationship problems and depression.”

Kathleen Sebelius, secretary of the Department of Health and Human Services, said that in July alone the Army lost 38 soldiers to suicide. Sebelius said the total is highest monthly total of recorded of all-time.

Overall, U.S. suicides declined in the 1990s, but have since begun to rise again, she said. Scott Gould, deputy secretary of the Department of Veterans Affairs, said the VA’s expanded efforts to reach veterans at risk for suicide have saved the lives of 23,000 vets to date.

Sebelius said \$56 million of federal money is slated help fund suicide-prevention programs under the Garrett Lee Smith Memorial Act. The act was signed into law in memory of the son of Gordon Smith, president of the National Association of Broadcasters and a former U.S. Senator, who took his life nine years ago.

“Our goal is, in the next five years we will save 20,000 human lives,” Smith said at the press conference. “This issue touches nearly every family. It is something we can do something about. It’s the work of angels.”

ENERGY CORNER



Efficient refrigerators save more than energy

Did you know that the average refrigerator built after July 1, 2001, is about 30 percent more efficient than one built in 1993, and nearly 60 percent more efficient than one built in 1980? In addition, productivity improvements and competition between retailers and manufacturers has actually brought the cost of refrigerators down over time, while they became more efficient.

This alone should be enough reason to consider replacing an old watt-hungry refrigerator with an efficient new ENERGY STAR model.

In addition, there are bonus benefits for the energy-conscious. Efficient compressors and motors run quieter and turn on and off less often. Since efficient units gain heat from their surroundings more slowly, they will not reject as much heat into your kitchen, making your home more comfortable during hot summer days. With better insulation, new efficient units will warm up much more slowly during power outages than older units. This means less inconvenience and loss of valuable contents.

Just be sure you properly recycle the old refrigerator. The last thing you want to do is move an energy dinosaur to the garage to keep a few sodas cold.

SOURCE: Navy/Marine Corps Energy Efficiency Program 2012 – Energy Management Toolkit – Articles for Publication



**FOLLOW US ON
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Inaugural Keiki Bodyboard Contest

Bellows Air Force Station

**will hold its inaugural
Keiki Bodyboard Contest**




Starts at 10 a.m.

Sept. 22

**Entry Fees vary if postmarked by Sunday, Sept. 3-9, and after
Sept. 10. No T-shirt is
guaranteed after Sept. 9.
No refund will be given.**

**Individual contest age groups are 7-9, 10-12, 13-15 and 16-17.
Tandem Competitors must be at least 18 years old to compete
with a child age 6 and under. All participants must be able
to swim. Awards for the top three in each age group and top
three in tandem group will be awarded.**

For more information and registration forms visit <http://www.bellowsafs.com> or call Turtle Cove at 259-4136/4137.



Crime Prevention Tip of the Month:

Treat pets humanely. Military police will take appropriate actions on cases involving neglect or maltreatment and forward copies of reports to the base inspector or Hawaiian Humane Society for adjudication by the State of Hawaii.

PMO Contact Numbers and Locations

- To report suspicious activity/behavior or for non-emergency calls contact the Desk Sergeant:
257-1018/2123; Bldg. 1096
- For information regarding check in/out, fingerprinting, or weapon registration contact:
257-6994; Bldg. 1095
- For information regarding pet registration, fishing regulations, or lost/ found animals contact the PMO Game Warden:
257-1821; Bldg. 3099
- For information regarding vehicle decals, base passes, and vehicle registration contact:
257-2047/0183; Bldg. 1637/1095 for MCBH and 477-8734/8735; Bldg. 601 for Camp Smith
- For information regarding traffic regulations, citations, or traffic court contact the Traffic Court Bailiff:
•257-6991/6992; Bldg. 1095
- For all other numbers not listed contact Base Information:
449-7110

For more information visit the PMO website:
<http://www.mcbh.usmc.mil/mp/default.htm>

Topic of the Month

All Marine Corps Base Hawaii personnel owning pets must comply with Hawaii State Laws and Base Orders. All pets aboard MCB Hawaii, Camp H.M. Smith, and Manana Housing must be licensed through the City and County of Honolulu and they must be registered aboard the base. The following animals are prohibited aboard MCB Hawaii, Camp Smith, and Manana Housing: Staffordshire Terriers and Pit Bull Terriers or any mix thereof and dogs with physical characteristics similar to these breeds, any animal normally considered livestock, game birds and any bird species listed under the Migratory Bird Treaty or Endangered Species Act, and any snakes, Jackson Chameleons, or iguanas. Pets are prohibited from MCBH beaches from 10 a.m. to 3 p.m. and pets must be on a leash and policed accordingly. Pet violations may result in a Pet Letter of Warning or the impounding of the pet. For any questions regarding pet registration, complaints regarding pets, lost and found pets, to report possible animal neglect and information on applicable pet regulations contact the PMO Game Warden at 257-1821.

IN CASE OF EMERGENCY DIAL 911

October eWaste recycling event scheduled at University of Hawaii

News Release
University of Hawaii

HONOLULU — The University of Hawaii has announced a free electronics ewaste recycling event to be conducted in the islands during October 2012.

This will be the fourth installment of the biennial Education and Government eWaste Disposal Days program, which provides an opportunity for safe and environmentally friendly disposal of unwanted ewaste. All equipment collected is processed in an environmen-

tally responsible method and recycled into commodity grade materials.

Collection of equipment will be conducted from Oct. 25-27 at six UH campus locations on Oahu, Kauai, Maui and the Island of Hawaii. A seventh drop off site at Kealakehe High School in Kailua-Kona will be provided by the Hawaii State Department of Education in support of the recycling effort.

Visit the program’s webpage for collection times and information concerning the types of equipment accepted: <http://www.hawaii.edu/ewaste>.

The Education and Government eWaste Disposal Days program is open to all public or private schools or universities, all city, county, state or federal/military branches, small to medium sized businesses (of less than 100 employees), nonprofit organizations and Hawaii household residents.

According to current statistics from the Consumer Electronics Association, Americans now own approximately 24 electronic products per household, with businesses utilizing an even higher rate of machines. The Environmental Pro-

tection Agency estimates that when electronics reach their end of use most are discarded into landfills, where some of their components may cause serious public health or environmental contamination problems.

Pre-registration is required through the UH program’s webpage for schools, small businesses, nonprofits, or government offices that wish to drop off equipment on Oct. 25 or 26. No registration is required for household residents to recycle their unwanted personal electronic ewaste on Oct. 27.